

23.12.2023 52 , 400m 2010

12 +: 4:31.00 /	10 +: 4:46.00 /	I	9 +: 5:05.00 /
II 9 +: 5:46.00 /	III 9 +: 6:34.00 /	I	9 +: 7:29.00 /
II 9 +: 8:25.00 /	III 9 +: 9:21.00		

: FINA 2023

WA

13-14

1.		2009 /	4:44.63	561
50m:	30.05	30.05	150m: 1:41.99	35.86
100m:	1:06.13	36.08	200m: 2:17.22	35.23
250m:	2:58.09	40.87	300m: 3:39.09	41.00
350m:	4:12.58	33.49	400m: 4:44.63	32.05
2.		2009	5:20.21	394 II
50m:	32.48	32.48	150m: 1:53.98	42.95
100m:	1:11.03	38.55	200m: 2:34.46	40.48
250m:	3:19.59	45.13	300m: 4:05.35	45.76
350m:	4:44.03	38.68	400m: 5:20.21	36.18
3.		2010	5:54.40	290 III
50m:	36.65	36.65	150m: 2:05.58	43.47
100m:	1:22.11	45.46	200m: 2:47.76	42.18
250m:	3:40.59	52.83	300m: 4:34.00	53.41
350m:	5:14.45	40.45	400m: 5:54.40	39.95

15-16

1.		2007 /	4:28.83	666
50m:	26.54	26.54	150m: 1:31.68	33.69
100m:	57.99	31.45	200m: 2:06.25	34.57
250m:	2:44.73	38.48	300m: 3:23.86	39.13
350m:	3:56.30	32.44	400m: 4:28.83	32.53
2.		2008	4:50.55	527 I
50m:	30.11	30.11	150m: 1:44.84	38.54
100m:	1:06.30	36.19	200m: 2:24.35	39.51
250m:	3:02.51	38.16	300m: 3:41.84	39.33
350m:	4:16.29	34.45	400m: 4:50.55	34.26
3.		2007	5:07.42	445 II
50m:	29.70	29.70	150m: 1:46.96	40.26
100m:	1:06.70	37.00	200m: 2:25.76	38.80
250m:	3:09.96	44.20	300m: 4:31.98	1:22.02
350m:	5:07.42	35.44		
4.		2007	5:25.94	373 II
50m:	33.63	33.63	150m: 1:53.34	40.16
100m:	1:13.18	39.55	200m: 2:33.01	39.67
250m:	3:21.12	48.11	300m: 4:09.89	48.77
350m:	4:48.09	38.20	400m: 5:25.94	37.85

17-18

1.		2006	5:21.92	388 II
50m:	33.79	33.79	150m: 1:57.00	41.82
100m:	1:15.18	41.39	200m: 2:38.27	41.27
250m:	3:23.04	44.77	300m: 4:08.75	45.71
350m:	4:46.14	37.39	400m: 5:21.92	35.78

EXH

		2011	5:32.75	351 II
50m:	35.05	35.05	150m: 1:57.21	41.62
100m:	1:15.59	40.54	200m: 2:38.06	40.85
250m:	3:26.53	48.47	300m: 4:15.43	48.90
350m:	4:54.37	38.94	400m: 5:32.75	38.38